



Cheap and big can Baking Powders do not save you money. Calumet does—it's Pure and far superior to sour milk and soda.

LUKE M'LUKE SAYS:

Father has lots of fumes with Mother. But he never fusses with her because she lets him sleep so late on Sunday morning that he is too late to go to Church.

The Curses of Great Wealth are manifold. How would you like to be awake all night worrying because you have to pay an income Tax amounting to \$50,000 a year?

A Princess has no trouble learning how to operate an automobile. But a washing machine is too complicated for her limited knowledge of machinery.

When a man buries the Hatchet he keeps on digging it up again to see if it is getting rusty.

A man is real proud of the fact that he can raise a Mustache. But he gets mad all over when he discovers that his wife is raising one.

What has become of the old-fashioned woman who always kept a box of Corn Starch in the bath room?

And if the girls would devote more time to learning how to make good gravy and less time to learning how to Tango, there wouldn't be so many divorces.

When a girl wants a young man to kiss her it makes her mad to imagine that maybe he believes he could kiss her if he wanted to.

Some of these days, when the women quit wearing shoes with heels that are longer than the toes, the men will quit laughing long enough to give the dear things Equal Suffrage.

Why is it that on Sunday morning, when you do not have to go to work, you wake up early and can't get to sleep again, and that on Monday morning you are so sleepy when you wake up that you would give anything to be able to sleep for a little while?

You can't explain it. But some women can wear cheap cotton suits and make them look like Classic Creations from an exclusive tailor. And other women can wear expensive broadcloth suits and make them look like they came from the ten-cent store.

Some men seem to imagine that the only reason why landlords put Bath Tubs in Bathrooms is so the Male Tenants can have something to spit in when they are shaving themselves.

It is none of our business, but a girl who wears angle-length union suits and short skirts should not wear cobweb silk stockings. The union suit is visible beneath the stockings, and the cobweb silk makes the aforementioned union suit look as though it had not seen a laundry since November 1.—Cincinnati Enquirer.

COLUMBUS, OHIO.

Mrs. Lave May, who has been sick so long is no better.

Mr. and Mrs. John Curnutte of Columbus, have moved to London, Ohio. Mr. and Mrs. J. H. Curnutte were guests of Mr. and Mrs. Z. T. Moore Sunday.

Hobart Bowling and Landon Carter

were visiting Miss Lizzie Cordle Sunday.

Hobart Curnutte and Frank Lawson

were visiting the Cordle girls Sunday.

Mrs. James Crabtree was visiting

Mrs. Lave Thompson Sunday.

Mrs. Stella J. Allen was visiting Mrs.

Mary Moore Sunday.

Lave Thompson, who has been sick

is no better.

Mary Moore, who has been sick is

better.

Z. T. Moore and Sam Derifield were

visiting Lave Thompson and wife Sunday

afternoon.

Church every Wednesday and Saturday

night.

TWO GIRLS.

THE CALL TO BATTLE.

Stand up you men, to be shot down, Nor ask the reason why; The great ones, who depend on you, See fit to have you die.

Small odds to them what comes to you, Or what the reason why, You pay the price of sacrifice, It is not they who die.

What matters it, although you fall They they should stand? 'Tis Fate Apportioned what is humble lot And what is held as great.

Your right is human, theirs divine, Which you must not deny; They drive you into war's red din— It is not they who die.

They call you brave men, tried and true, Your country's hope and pride; Yet wherein lies for you the prize, When you have bled and died?

Your wives and children, homes and lives

Count little with the high Who send you where death sweeps the air—

It is not they who die, They are the masters who command; Your part is to obey;

What debts they owe you do not know, But what they are you pay.

Stand up, you men, to be shot down, Nor ask the reason why; The rulers call for you to fall, It is not they who die.

—W. J. Lampton.

BOYD COUNTY BOY

IN EUROPEAN WAR.

For the information of the numerous Vanhousen family in this part of the country the NEWS reproduces from the independent following letter from Garfield Vanhousen, written from the European seat of war. Garfield is a son of Jeff Vanhousen, a former citizen of this city, where he married and served a term as city marshal. He now lives in Catlettsburg.

Le Havre, France, Feb. 23, 1916.

To Mr. G. F. Friel,

Catlettsburg, Ky.

Dear friend, Mr. Friel, I suppose you will be surprised to hear from me and to know that I am in the British army and to tell you the truth, I often sit down and wonder to myself if I will ever see dear old home again, for Mr. Friel, I have seen things in this war that has made my hair turn gray. You often, if you remember, heard some of our old men at home talk about the battle they took part in in the Civil War, which I dare say, was large enough, but believe me, they could not compare any of them to what we call here a little engagement. I was in three fights here where there were more men lost than in nearly all of the Civil War. The retreats at Mons, Conde and Dickey Bush, which, no doubt you have read about in the papers. I don't mean to say that the old boys of the North and South did not go through it, for I know they did and I lay many a night up the line in a trench and heard the Huns working in their trench not two hundred yards away, and told my comrades about my old Kentucky home, and the days I spent in the Philippines, which you know, I wrote you from there. I was in a regiment last winter that was killed out three different times the Third Royal Welch. I was Sergeant bugler of the Third, but now I am in the R. F. A., behind the big eighteen pounders. We got the Germans beat all over the lines, but no one knows when the war will end. It would suit me if it was tomorrow, but as I have enlisted for duration of the war, I must stick it out, trusting I may get back safe. I am only down for a rest here at the base, but will soon go back up again.

I think it is only a matter of time now until the Germans will want peace, which I am sure they will not get easy. There is many an American boy over here in the British army and many a poor fellow will never come back. Many a sad call I have heard over here as you well remember, I was a bugler in the U. S. army and here I am a gunner on a rapid firer, first class. Mr. Friel, if my father, whom I have not heard from for over a year, be living, which I hope and pray he is, and I may live through this war and meet him again, give him my love and any of my friends who would ask about me my best regards. I ask you to put a line in the Ashland paper for me as I have relatives in that region. I don't know their address and it will be a great favor to me. Regards and best wishes to all of old Boyd county and to yourself especially. I remain as ever,

GARFIELD VANHOUSEN.

RATCLIFF AND JATTIE.

Rev. Bowling filled his regular appointment here Saturday night and Sunday.

John Bailey and Lowell Thompson passed down our creek Sunday enroute to Denton.

Pharo Johnson and Dewey Thompson, who are attending school at Louisville, were the pleasant guests of Misses Celia B. Stewart and Ida B. Chaffin Saturday and Sunday.

Samuel McKinney of Hicksville is here on business.

Stella Dalton of Hicksville was calling on Demona Wilson Sunday.

Jay Chaffin, Austin Bentley, Mack and Dock Stewart were at Compton Sunday.

Herman Kitchen was the guest of Madge Webb recently.

Church at Webbville Sunday night was largely attended.

Olla Bailey spent Sunday with the Misses Hillman.

Abie Griffith attended church here Saturday night.

Mr. and Mrs. Herman Young were visiting relatives here Saturday and Sunday.

Ones Daniels, Powell Vanhorn, Ernest Jordan and Alvah Bunch called on the Wilson girls Sunday.

Brigham Vanhorn called on friends at Oak Hill Sunday.

Clarence Jobe attended church at Jattie Saturday night.

Nelson Hillman called on Jerry McKinney Sunday.

Birdie Cox and little daughter Elva and C. B. Stewart were visiting Mrs. Mack Stewart Monday.

Church at B. S. Church house Saturday and Sunday. Everybody invited. MRS. GRUMP.

MATTIE.

Levi Miller and Gus Moore were here last Thursday on business.

Roy Hays made a trip to Louisa Saturday.

Corda, Esta, Manda, Fred and Linnie Moore, Jesse Cordle, Susa Jordan, Oscar and Bess Short were Sunday afternoon guests of Miss Lidda Brown.

Lula Moore was visiting Ella Davis of Cordell Saturday and Sunday.

Alma Hays was visiting Mrs. J. D. Ball recently.

G. V. Ball, Jr., and Mrs. V. C. Ball made a trip to Louisa Friday on business.

R. F. Moore is visiting Mr. and Mrs. W. L. Davis of Davisville.

Dr. R. C. Moore is spending the week with Mr. J. D. Ball.

Martha Moore has returned to her home at Ledocio.

Mrs. M. H. Thompson was visiting Mrs. C. C. Hays Sunday.

Esom Childers was a visitor here Sunday.

Jettie Hays spent Sunday night with Minnie and Stella Moore.

Mr. and Mrs. Att Ball were visiting relatives at Adams Sunday.

Bird Childers made a trip to Georges creek recently.

Mrs. Ogon Judd and daughter Hazel are visiting Mr. and Mrs. G. V. Ball, Jr.

Charles O. Moore was on our creek Sunday.

Mrs. Tilda Wellman and son were visiting Mrs. J. W. Moore, Jr., Sunday.

Farris Moore, Jr., and wife of Cordell were visiting relatives at Meads Branch Saturday and Sunday.

H. K. Moore has returned home from Charley.

Fred Short passed up our creek Saturday enroute to Wilbur.

Zela Hays of Brushy was here recently.

Mr. and Mrs. Vessie Jordan spent Saturday and Sunday with Mr. and Mrs. B. F. Moore.

Estill Hays and Lewis Moore were out horse back riding Sunday.

Ellis Motook showed his smiling face on our creek Thursday.

TWO BLACK EYED GIRLS.

BUSSEYVILLE.

A large crowd attended the revival at this place Sunday night, conducted by Rev. Hill.

Rev. J. H. Hill, who has been here helping his son M. Hill in the meeting has returned to his home in Charleston, West Va.

Roy and Jay Thompson of Ellen passed through here Sunday enroute to Louisa where they are attending the K. N. C.

Mr. and Mrs. Brice McComas and son Guy of Huntington are visiting the latter's parents of this place.

R. E. Buchanan, Horace Rothe, Annis O'Neal and Marie Bowen were calling on Ruby and Gertrude Pigg Sunday afternoon.

Harry Roberts was visiting Miss Pearl Holt Sunday.

Mrs. L. E. Pigg and daughter, Mrs. Brice McComas and son spent Friday with Mrs. V. R. Pigg.

Miss Georgia O'Neal was calling on Kathleen Holt Sunday.

Mr. and Mrs. Elwood Hutchison were calling at F. R. Bussey's Sunday.

Miss Edie Bove spent Saturday night and Sunday with Gertrude Pigg.

C. B. Borders was calling on Miss Corda Pigg Sunday.

Miss Lillie Roberts spent last week with Miss Pearl Holt.

Misses Marie Bowen and Annis O'Neal spent the first of the week with Misses Ruby and Gertrude Pigg.

Miss Pearl Thompson of Ellen was visiting Miss Willie Belle Roberts Sunday afternoon.

Miss Lou Isaac of Huntington was visiting Miss Emma Meek Saturday and Sunday. FOUR WILD CATS.

FALLSBURG.

Sunday school every Sunday at two p. m. Everybody come.

Chris Savage of East Fork was visiting relatives at this place Sunday.

Leo Crank and Alvin Short left for Ashland where they have employment.

John Yates was visiting Pluma Collinsworth Sunday.

Golda Jordan visited her sister Mrs. Lave Cooksey at Potter one day last week.

Charlie Collinsworth is still improving.

Mrs. L. V. Caines is able to be out again.

Miss Allie Dilley is expected home soon from Kenova.

Mr. and Mrs. K. R. Bolt have made their return from Bolts Fork.

Golda Jordan, Gussie Frasher and Lizzie Trullin visited Lillie Jordan Sunday.

We are glad to see Bro. French R. out again after his severe illness. PANSY.

RELIABLE REMEDY

RESTORES KIDNEYS.

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy.

It is a physician's prescription. Swamp-Root is a strengthening medicine. Dr. Kilmer used it for years in his private practice. It helps the kidneys, liver and bladder do the work nature intended they should do.

Swamp-Root has stood the test of years. It is sold by all druggists on its merits and it will help you. No other remedy can successfully take its place.

Be sure to get Swamp-Root and start treatment at once.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention the Louisa weekly Big Sandy News.

How to Recharge Your Battery

Did it ever occur to you that rest is an antidote for more things than every day physical weariness? It is one of the weapons with which a man or woman may fight emotional strains of any kind. And the reason is an extremely simple one. Let us resort to the faithful old device of a diagram.

In the center of the chart suppose we put the word "energy." That is the thing that we have to work with in this life. Now on one side let's write a list of our expenditures—all the things which call for an outlay of energy. In this list is brain work, physical or manual work, emotion and diversion. These are the things that we spend our store of energy for. Every day we spend ourselves either physically, or mentally, or emotionally, or in some manner which may be a combination of any of them and which constitutes our diversions.

So much for the expense account. What shall we put in a list on the other side of the column that we might call income? How, in other words, do we accumulate energy?

Here are some of the ways: "Food," of course, and then "rest," "good air" and some of the other lesser ways which are productive of a renewed sense of energy, such as good grooming and inspiring associations.

And it is pretty true that you may add to your bank account and thus offset any sort of an expenditure with any sort of an income. That is, if we are working hard and playing hard we need a little more fuel in the way of food to keep the supply of energy up to the standard. And so, too, a little added rest will offset not only a physical, but an emotional strain.

Sometimes sleep is a better antidote for suffering than diversion, because diversion, after all, calls for an expenditure of energy, while suffering or an emotional strain of any sort has already taken a pretty full toll of the supply on hand.

Study the chart, then, and learn not only to spend wisely of the things that represent our outlay, but learn, too, to collect generously from those common sources of supply which are open to every one—food, fresh air and rest.

FOR TODDLERS.

How Modish the Two-year-old May Be This Spring.

White linen cut with kimono sleeves, the neck and sleeve bottoms being edged with narrow tulle, gives this attractive little frock. A bolero is



DIMINUTIVE STYLE.

outlined with hand embroidery, and the crumbed girdle run through a crocheted bodice is pale blue taffeta ribbon.

Cake Fillings and Icings.

Filling for Orange Cake.—One medium orange, juice and grated rind; two tablespoonsful butter, one egg, one cupful sugar; beat sugar, orange juice and rind and butter, add beaten egg, cook until it thickens; use cold.

Butter Frosting.—Two cupfuls powdered sugar, two tablespoonsful milk, two tablespoonsful melted butter; two tablespoonsful vanilla; stir until creamy.

Cake Filler.—A good cake filler, easily made, is a cupful of sugar and one half cupful sweet milk; boil until it "hairs," beat until cold enough to spread.

Lemon Filler.—One egg, well beaten; one cupful sugar, juice and grated rind of one lemon, piece butter size of egg; cook over hot water until thick.

Pineapple Icing.—One and one-half cupfuls of confectioner's sugar, one tablespoonful of shredded pineapple, one half teaspoonful of vanilla, boiling water to make creamy. Spread at once.

Chocolate Icing.—Two tablespoonsful of cocoa, two tablespoonsful of hot water. Cook half a minute, cool, add one tablespoonful of milk; stir in icing sugar to the right consistency.

Meat Scallops.

Materials.—Two cupfuls cold roast beef, stale bread crumbs, seasoning, a tablespoonful butter, a tablespoonful flour, a cupful stock or gravy.

Directions.—Mince the meat finely, removing any superfluous fat, and season highly with salt, pepper, a little mustard or horseradish or stock sauce. Blend together in a saucepan the butter and flour, add the stock and when boiling cook for two or three minutes; then put in the meat and mix with this foundation sauce. Turn into greased scallop shells or small individual dishes, sprinkle buttered crumbs over the top and bake fifteen minutes.

Kentuckian Robbed

Lexington, Ky., Feb. 17.—Word reached here that Edward Noland, who recently had been awarded \$11,000 for damages sustained in a railroad accident, had been robbed of almost the entire amount at his home near Eubanks, Ky., last night.

Noland had just collected the money, and after paying his attorney had taken it home with him and placed it under his pillow. He and his family were chloroformed while asleep, the report says.

If he had put his money in our Bank he would not have lost it.

AUGUSTUS Snyder, Pres.
Dr. L. H. York, V. Pres.
M. F. Conley, Cashier,
G. R. Burgess,
Asst. Cashier.

THE LOUISIANA NATIONAL BANK

Dr. T. D. Burgess
F. H. Yates.
Robt. Dixon.
R. L. Vinson.

ZELDA.

Rev. George Stewart has been holding a series of meetings at Rove creek, Born, to Clell Mounts and wife, a fine son.

D. H. Lakin and family have moved to Van Lear where Mr. Lakin has employment as machinist.

Jake Compton of Buchanan was the guest of Hattie Cooksey Sunday afternoon.

House Meade and young bride of Ethel, W. Va., are expected to visit parents soon.

Mrs. H. E. Potter was shopping in Louisa one day last week.

ADLEZ.

TIMELY SUGGESTIONS.

The following written to the Times-Democrat will interest the progressive farmers of Lawrence fully as much as the farmers of Fleming county:

Farmers of Fleming county are finding it more and more difficult to grow profitable crops of red clover. Under most favorable atmospheric conditions such as existed during the season of 1915, fairly good returns may be expected; but under ordinary conditions we do not get a "catch." This is largely

ly due to the fact that our soils are becoming depleted of the plant food necessary for the production of clover. We have cropped out the humus and our soils have become sodden and sour.

We break and cultivate our lands when too wet, which is sure to result in a poor mechanical condition of the soil, and also renders less available the ever decreasing supply of plant food. It is time for us to call a halt. Extensive farming must give way to intensive farming. Larger crops on fewer acres should be our aim. We should break no more land than we can thoroughly till, leaving the remainder of the farm for grazing purposes. We should adopt such a rotation that a legume is grown once in four years, or better still, once in three years. If we can not grow red clover successfully, then we should plant other legumes.

In the following list I have given each legume what I consider its place as to relative value: Cowpeas, soybeans, crimson clover, sweet clover, Japan clover. Nearly all of the soils of Fleming county will respond generously to an application of ground limestone and phosphorus.

BARGAINS IN DOORS & SASH

We have a lot of doors and sash not included in the recent sale of our merchandise stock. We want to sell them out as soon as possible. Any quantity you may want at extremely low prices.

Snyder Hdwe. Co.

(Incorporated)

LOUISA.

KENTUCKY

SELLING AUTOMOBILES

A MARVELLOUS BUSINESS

REPRESENT THE LARGEST EASTERN MANUFACTURING PLANT FULLY EQUIPPED, LOW PRICED, ECONOMICAL.

NOT CLAIMED, BUT PROVEN MERIT.

LIVE AGENTS WANTED. WHITE P.O. BOX 2448, BOSTON, MASS.